



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01138, Egg, duck, whole, fresh, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	70.83	13	0.467	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	185	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Energy	kJ	776	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	12.81	13	0.240	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	13.77	18	0.217	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	1.14	17	0.077	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	1.45	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	0.93	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Minerals													
Calcium, Ca	mg	64	6	4.333	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	3.85	7	0.475	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	17	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	220	7	12.345	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	222	3	79.951	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	146	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	1.41	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.062	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.038	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	36.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.156	7	0.023	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.404	7	0.036	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	0.200	5	0.100	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	1.862	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Vitamin B-6	mg	0.250	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	80	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	80	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	80	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	263.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	µg	5.40	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	194	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	192	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Carotene, beta	µg	14	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Cryptoxanthin, beta	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Vitamin A, IU	IU	674	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Lutein + zeaxanthin	µg	459	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Vitamin E (alpha-tocopherol)	mg	1.34	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	1.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	1.7	--	--	--	--	--	--	--	--	Calculated or imputed	01123	02/2009
Vitamin D	IU	69	--	--	--	--	--	--	--	--	Calculated or imputed	01123	02/2009
Vitamin K (phylloquinone)	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	01123	01/2003
Lipids													
Fatty acids, total saturated	g	3.681	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	0.054	4	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	2.996	4	0.122	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	0.632	4	0.075	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	6.525	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.441	4	0.032	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	6.084	4	0.239	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	1.223	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.558	4	0.168	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.102	4	0.068	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.319	4	0.058	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	884	3	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Amino Acids													
Tryptophan	g	0.260	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	0.736	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	0.598	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	1.097	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	0.951	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.576	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.285	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	0.840	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	0.613	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine	g	0.885	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Arginine	g	0.765	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.320	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.631	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	0.777	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	1.789	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.422	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	0.480	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	0.963	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003